

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
Comp Stroke Levels 5 & 6	1	T & Th	4:15 – 5:00	9/10 - 10/15	11	\$115.50	137609
	2	T & Th	4:15 – 5:00	10/20 - 11/24**	10	\$105.00	137610
	3	T & Th	4:15 – 5:00	12/1 - 12/17	6	\$63.00	137611
Special Populations	1	Sun	3:00 – 3:30	9/13 - 11/1	8	\$56.00	137671
		Sun	3:30 – 4:00	9/13 - 11/1	8	\$56.00	137674
	2	Sun	3:00 – 3:30	11/8 - 12/20	7	\$49.00	137679
		Sun	3:30 – 4:00	11/8 - 12/20	7	\$49.00	137677
Homeschool	1	Wed	2:30 –3:00	9/16 - 12/9*	11	\$77.00	137615
		Wed-Kind	2:30 –3:00	9/16 - 12/9*	11	\$93.50	137613
		Fri	2:30 –3:00	9/18 - 11/20***	8	\$56.00	137614
		Fri-Kinder	2:30 –3:00	9/18 - 11/20***	8	\$68.00	137612
Teen Lessons Ages 13-17	1	Tues	3:00 - 4:00	9/15 - 10/27	7	FREE	137682
	2	Tues	3:00 - 4:00	11/3 - 12/15**	6	FREE	137683
Adult Swim-Tech Begin & Int	1	M & W	7:00 – 7:30	9/9 - 10/14	11	\$77.00	137577
	2	M & W	7:00 – 7:30	10/19 - 11/23*	10	\$70.00	137578
	3	M & W	7:00 – 7:30	11/30 - 12/16	6	\$42.00	137579
Womens' Les- sons Ages 12-Adult	1	Sat	3:30 - 4:00	9/12 - 10/31	8	\$56.00	137695
	2	Sat	3:30 - 4:00	11/7 - 12/19	7	\$49.00	137696

**\*No Lesson 11/11 and 11/25.    \*\* No Lesson 11/17 .    \*\*\* No Lesson due to HS Swim Meets 9/25, and 10/16.**

**Special Population Lessons (Ages 6-17 years)**

These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Please call for information.

**Refunds, Withdraws and Transfers**

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. Refund policy available on request..

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

**Women’s Swimming Lessons:**

Single gender swimming lessons for women who cannot swim in a co-ed environment because of cultural, personal or religious reasons. The windows to the pool are covered for privacy and only female staff are employed. All females 12 years and older are welcome to participate..



**Southwest Pool  
2801 SW Thistle St.  
Seattle WA 98126  
206-684-7440**



**Fall 2015 SWIMMING LESSONS  
September 9 - December 20**

**Registration Begins August 4th at 12:00 noon**

**On Line:----- [www.seattle.gov/parks](http://www.seattle.gov/parks)  
In Person: ----- At your closest Community Center or Pool**

**Parent/Tot Lessons (Ages 6 months - 4 years):** *Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements.* Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

**Three-Year-Olds Lessons (Age 3):** *Start your child learning basic swimming skills and water safety in a small group with other 3 year olds.* We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

**Kinder Lessons (Ages 4 & 5):** *Kids will start with basic water adjustment, safety and swimming skills in a group with other 4 & 5 year olds.* Kids will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawlstroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

**Beginning Swimmer Levels 1-3 (Ages 6 – 16):** *Our program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback.* We will group children by ability on the first day of class to provide the best opportunity for your child’s success.  
**Floating, Gliding, Kicking:** Children get comfortable putting their face in the water and practice front, side and back floating, gliding and kicking.. These skills provide the foundation for all other swimming strokes **Arm Strokes:** Mastering the Crawl Stroke requires Learning to roll from front to back while perform-

ing arm strokes. Once mastered we begin teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and deep water swimming.  
**Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught in this level.8:1 student/teacher

**Advanced Swimmer Lessons Levels 4-6 (Ages 6 – 16)***Swimmers who have received a card indicating they have mastered “Beginning Swimmer” may sign up for “Advanced Swimmer” classes. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.* **Prerequisite:** Swimmers must pass Beginner, be comfortable in deep water and able to swim 15 yards without stopping; demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room.**Learning New Strokes:** Elementary Backstroke, Breaststroke and Butterfly plus continued practice in Front Crawl Stroke and Back-stroke.**Increasing Endurance and Proficiency:** Increased distances and refinement of previous strokes along with sidestroke taught. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.10:1 student:instructor ratio

**Adult Swim Tech (Ages 16 and older)**  
All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities and develop lifelong skills.

**Note:** If you are unsure of your child’s ability, please have him or her pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer him or her to the appropriate level if there is space available. A minimum of four students is required for all classes. We may combine or cancel programs if not enough students sign up.

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
<b>Tots</b> Ages 6 mos- 4 yrs	<b>1</b>	M & W	6:30 – 7:00	9/9 - 10/14	11	\$77.00	137643
		T & Th	6:30 – 7:00	9/10 - 10/15	11	\$77.00	137646
		Sat	11:00 – 11:30	9/12 - 10/31	8	\$56.00	137653
		Sun	1:30 – 2:00	9/13 - 11/1	8	\$56.00	137649
	<b>2</b>	M & W	6:30 – 7:00	10/19- 11/23*	10	\$70.00	137656
		T & Th	6:30 – 7:00	10/20 - 11/24**	10	\$70.00	137659
		Sat	11:00 – 11:30	11/7 - 12/19	7	\$49.00	137660
		Sun	1:30 – 2:00	11/8 - 12/20	7	\$49.00	137662
	<b>3</b>	M & W	6:30 – 7:00	11/30- 12/16	6	\$42.00	137665
		T & Th	6:30 – 7:00	12/1 - 12/17	6	\$42.00	137667
<b>Three Year Olds</b>	<b>1</b>	M & W	7:00 – 7:30	9/9 - 10/14	11	\$137.50	137684
		T &Th	4:30 – 5:00	9/10 - 10/15	11	\$137.50	137685
		T &Th	6:30 - 7:00	9/10 - 10/15	11	\$137.50	137686
		Sun	1:30-2:00	9/13—11/1	8	\$100.50	137687
		M & W	7:00 – 7:30	10/19- 11/23*	10	\$125.00	137688
	<b>2</b>	T & Th	4:30 – 5:00	10/20 - 11/24**	10	\$125.00	137689
		T & Th	6:30 - 7:00	10/20 - 11/24**	10	\$125.00	137690
		Sun	1:30-2:00	11/8—12/20	7	\$87.50	137691
		M & W	7:00 – 7:30	11/30 - 12/16	6	\$75.00	137692
	<b>3</b>	T & Th	4:30 – 5:00	12/1 - 12/17	6	\$75.00	137693
		T & Th	6:30 - 7:00	12/1 - 12/17	6	\$75.00	137694
<b>Kinders</b> Ages 4 & 5	<b>1</b>	M & W	4:00 – 4:30	9/9 - 10/14	11	\$93.50	137616
		M & W	5:00 – 5:30	9/9 - 10/14	11	\$93.50	137618
		M & W	6:30 – 7:00	9/9 - 10/14	11	\$93.50	137619
		T & Th	6:00 – 6:30	9/10 - 10/15	11	\$93.50	137620
		T & Th	6:30 – 7:00	9/10 - 10/15	11	\$93.50	137621
		T & Th	7:00 - 7:30	9/10 - 10/15	11	\$93.50	137622
		Sat	11:00 – 11:30	9/12 - 10/31	8	\$68.00	137623
		Sat	11:30 – 12:00	9/12 - 10/31	8	\$68.00	137624
		Sun	1:00 – 1:30	9/13 - 1/1	8	\$68.00	137625
	<b>2</b>	M & W	4:00 – 4:30	10/19- 11/23*	10	\$85.00	137628
		M & W	5:00 – 5:30	10/19 - 11/23*	10	\$85.00	137626
		M & W	6:30 – 7:00	10/19 - 11/23*	10	\$85.00	137627
		T & Th	6:00 – 6:30	10/20 - 11/24**	10	\$85.00	137629
		T & Th	6:30 – 7:00	10/20 - 11/24**	10	\$85.00	137631
		T &Th	7:00 - 7:30	10/20 - 11/24**	10	\$85.00	137630
		Sat	11:00 – 11:30	11/7 - 12/19	7	\$59.50	137632
		Sat	11:30 – 12:00	11/7 - 12/19	7	\$59.50	137633
		Sun	1:00 – 1:30	11/8 - 12/20	7	\$59.50	137634
	<b>3</b>	M & W	4:00 – 4:30	11/30- 12/16	6	\$51.00	137635
		M & W	5:00 – 5:30	11/30- 12/16	6	\$51.00	137637
		M & W	6:30 – 7:00	11/30 - 12/16	6	\$51.00	137636
		T & Th	6:00 – 6:30	12/1-12/17	6	\$51.00	137639
		T & Th	6:30 – 7:00	12/1-12/17	6	\$51.00	137638
		T &Th	7:00 - 7:30	12/1-12/17	6	\$51.00	137641

**\*No Lesson 11/11 and 11/25 \*\* No Lesson 11/17. \*\*\* No lesson due to HS Swim Meets 9/25, 10/16**

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
<b>Beginning Youth</b> Ages 6-16 Levels 1-3	<b>1</b>	M & W	4:00 – 4:30	9/9 - 10/14	11	\$77.00	137588
		M & W	4:30 – 5:00	9/9 - 10/14	11	\$77.00	137589
		M & W	5:00 – 5:30	9/9 - 10/14	11	\$77.00	137590
		T & Th	6:00 – 6:30	9/10 - 10/15	11	\$77.00	137591
		T & Th	7:00 – 7:30	9/10 - 10/15	11	\$77.00	137592
		Sat	10:30 – 11:00	9/12 - 10/31	8	\$56.00	137594
		Sat	11:30 – 12:00	9/12 - 10/31	8	\$56.00	137593
		Sun	12:30 – 1:00	9/13 - 11/1	8	\$56.00	137595
		M & W	4:00 – 4:30	10/19 - 11/23*	10	\$70.00	137596
		M & W	4:30 – 5:00	10/19 - 11/23*	10	\$70.00	137598
	<b>2</b>	M & W	5:00 – 5:30	10/19 - 11/23*	10	\$70.00	137597
		T & Th	6:00 – 6:30	10/20 - 11/24**	10	\$70.00	137600
		T & Th	7:00 – 7:30	10/20 - 11/24**	10	\$70.00	137599
		Sat	10:30 – 11:00	11/7 - 12/19	7	\$49.00	137601
		Sat	11:30 – 12:00	11/7 - 12/19	7	\$49.00	137602
		Sun	12:30 – 1:00	11/8 - 12/20	7	\$49.00	137603
	<b>3</b>	M & W	4:00 – 4:30	11/30 - 12/16	6	\$42.00	137604
		M & W	4:30 – 5:00	11/30 - 12/16	6	\$42.00	137605
		M & W	5:00 – 5:30	11/30 - 12/16	6	\$42.00	137606
		T & Th	6:00 – 6:30	12/1 - 12/17	6	\$42.00	137607
		T & Th	7:00 – 7:30	12/1 - 12/17	6	\$42.00	137608
<b>Advanced Youth</b> Ages 6-16 Levels 4-6	<b>1</b>	M & W	4:30 – 5:00	9/9 - 10/14	11	\$77.00	137580
		T & Th	6:30 – 7:00	9/10 - 10/15	11	\$77.00	137581
		Sun	1:30 – 2:00	9/13 - 11/1	8	\$56.00	137582
	<b>2</b>	M & W	4:30 – 5:00	10/19 - 11/23*	10	\$70.00	137583
		T & Th	6:30 – 7:00	10/20 - 11/24**	10	\$70.00	137584
		Sun	1:30 – 2:00	11/8-12/20	7	\$49.00	137585
	<b>3</b>	M & W	4:30 – 5:00	11/30 - 12/16	6	\$42.00	137586
		T & Th	6:30 – 7:00	12/1 - 12/17	6	\$42.00	137587

**\*No Lesson 11/11 and 11/25 \*\* No Lesson 11/17. \*\*\* No lesson due to HS Swim Meets 9/25, 10/16**

**Private Lessons**

Southwest Pool offers private swim lessons to people who are interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. The cost is \$36 per one half-hour lesson or \$48 for a semi-private lesson. Please call Kerrie Stoops, Aquatic Coordinator, at 206-684-7440 to schedule.

**Volunteer Swim Instructor Aide**

Are you looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a one-hour block of time twice a week during our lesson program. All volunteers must be at least 15 years old and have passed swim lesson levels 1 – 6. A complete background check and volun-

**Swimming Scholarship Fund!**

As part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks and Recreation has received generous donations from Seattle Children’s Hospital. These contributions allow for supplemental scholarship funding in addition to our existing low income scholarship offerings for youth group swim lessons. Please contact the pool for more information and to receive a Low-Income Scholarship application. Funding is limited. Approved scholarships may be used for any of the following group swimming lesson programs:

- » » Kinder swimming lessons (ages 4 to 5)
- » » Beginning Youth lessons (ages 6 to 16)
- » » Advanced Youth lessons (ages 6 to 16)

